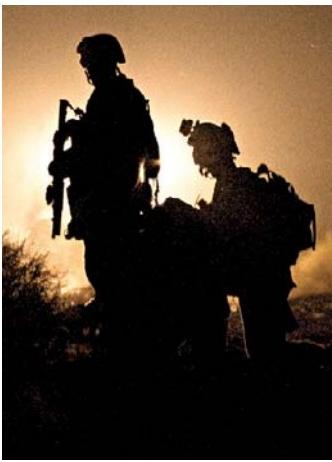


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## AHEAD IN AFGHANISTAN

### The House OKs

nearly \$59B to fund  
Obama's troop surge **4**

## GOING LEAN

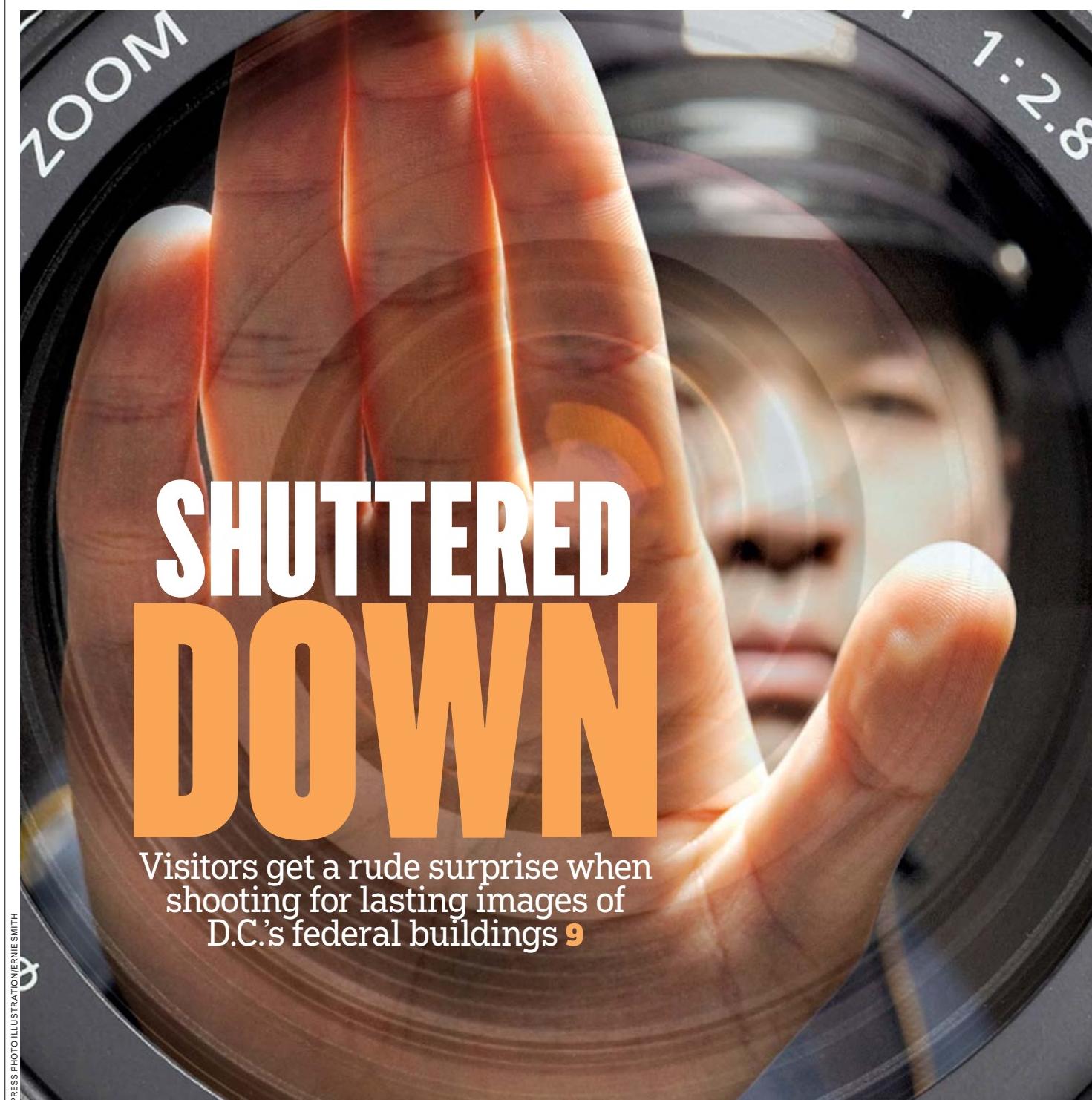
**BP unveils a new CEO** as it imagines life after the oil spill **3**

## POETRY IN MOTION

**Strasburg's perfect pitch** lies in a chain of flawless movement **10**



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EYE OPENERS

## There's No Such Thing as A National Clergy ID Card?

A woman who donned a habit and cross and asked diners for donations is no longer welcome in New York City's "Little Italy" after restaurant owners found out she's not actually a nun. Mindy LeGrand, 54, would walk around with a tin cup and say she was an Episcopal sister raising money for an orphanage and for the homeless. (AP)

## Stoner's Masterpiece Massively Undervalued

A Canton, Ga., man found a hidden treasure in a painting he bought at a public auction five years ago: 4 pounds of marijuana between the canvas and the backing. Gordon Clement, 80, discovered the pot last weekend when he tried to sell the artwork for \$25. Police said the marijuana was worth about \$4,800. (AP)

## Odd Mark on Marriage Will Come off With Dry-Cleaning

There were no cold feet for a couple who got married in the shoe aisle of a Mount Pleasant, Mich., TJ Maxx Saturday. Drew Ellis and Lisa Satayut exchanged vows in a widened aisle under a vine-covered arch. Satayut says she dreamed of marrying Ellis in the store's size 8 shoe aisle. Customers continued to shop during the ceremony, though the shoe aisle was closed. (AP)



## The Big Picture



**DOUG ROBERTS** of the Sculpture Foundation guides the female half of a giant sculpture version of Grant Wood's "American Gothic" into place at the Indiana State Fairgrounds in Indianapolis. Titled "God Bless America," the piece was created by J. Seward Johnson. It will tower over this year's fair, which starts Aug. 6. (AP)

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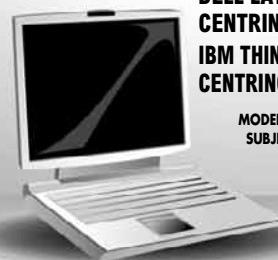
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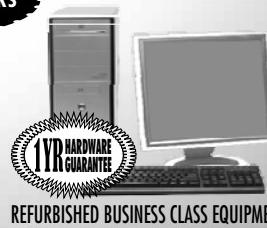
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ALEX BRANDON/AP

Charles Rangel stepped down from the Ways and Means Committee in March.

## Rangel Eyes Last-Minute Plea Deal

### Washington

Former House Ways and Means Committee chairman Rep. Charles Rangel attempted a last-minute plea deal Tuesday to head off a House ethics trial that could embarrass him and damage Democrats facing potentially severe election losses.

The talks between Rangel's lawyer and the House ethics committee's nonpartisan attorneys were confirmed by ethics Chairman Zoe Lofgren, D-Calif. She said she is not involved in the talks, adding that the committee's lawmakers have always accepted the professional staff's recommendations in previous plea bargains. **LARRY MARGASAK (AP)**

# BP Hopes to Turn Over New Leaf

Company reports \$17B loss as it names American new CEO

### New Orleans

Battered BP began reinventing itself in the shadow of the Gulf of Mexico oil spill Tuesday, naming its first American CEO as it reported a record \$17 billion quarterly loss. Its outgoing chief miffed the White House anew with his parting comments.

Robert Dudley, who will replace Tony Hayward on Oct. 1, promised changes. "There's no question we are going to learn things from this investigation of the incident," he told reporters by phone from London.

One certain change is that BP will become smaller. It announced it will sell \$30 billion in assets and has set aside \$32.2 billion to cover costs from the largest offshore oil spill in U.S. history.

Dudley, BP's managing director and current point man on oil spill recovery, defended his company's record and that of the embattled



AP PHOTOS

From left, outgoing BP CEO Tony Hayward, BP Chairman Carl-Henrik Svanberg and incoming BP CEO Bob Dudley. BP is trying to reinvent itself after the Gulf oil spill.

**"I did not seek out this job; I was asked to step into these shoes."**

— ROBERT DUDLEY, WHO WILL BECOME BP PLC'S FIRST NON-BRITISH CHIEF EXECUTIVE. THE 30-YEAR VETERAN OF THE OIL INDUSTRY WILL TAKE OVER OCT. 1, WHEN TONY HAYWARD STEPS DOWN.

chief executive he will replace.

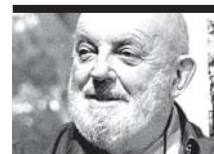
Hayward, whose verbal miscues intensified the anger Gulf Coast residents already felt, will leave BP with benefits valued at more than \$18 million. He told reporters he had been "demonized and vilified" but had no major regrets about his leadership.

"Life isn't fair," he said, but he conceded that wasn't the point.

The White House was not impressed.

"What's not fair is what's happened on the Gulf," press secretary Robert Gibbs said. "What's not fair is the actions of some have caused the greatest environmental disaster that our country has ever seen."

HARRY R. WEBER (AP)



### DISCOVERIES

**A trove of old glass negatives** bought at a garage sale for \$45 have been authenticated as the lost work of famed nature photographer Ansel Adams and are worth at least \$200 million, an attorney for the owner said Tuesday. A team of experts concluded after an exhaustive, six-month examination that the 65 negatives are Adams' early works, which were believed to have been destroyed in a 1937 fire at his Yosemite National Park studio. (AP)

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# Nation

## House OKs War Funding

\$33B boost clears Congress despite documents leak

### Washington

The House on Tuesday sent President Obama a major war-funding increase of \$33 billion to pay for his troop surge in Afghanistan, unmoved by the leaking of classified documents that portray a military effort struggling between 2004 and 2009 against a strengthening insurgency.

The House voted 308-114 to approve the spending boost for the additional 30,000 U.S. troops in Afghanistan. Other non-war provisions brought the total bill to nearly \$59 billion.

From Obama on down, the disclosure of the documents was condemned by administration officials and military leaders on Tuesday, but the material failed to stir new anti-war sentiment.

The bad news for the White House: A pervasive weariness with the war was still there — and possibly growing.



President Obama meets with members of Congress at the White House Tuesday.

### Pointing fingers

**During the Senate hearing,** there was scant mention of the leaked material, posted on the website of the whistleblower group WikiLeaks, but there were repeated expressions of frustration over the direction of the fighting. However, members of Congress had much to say on the matter. Rep. Jim McGovern, D-Mass., said the documents revealed corruption and incompetence in the Afghanistan government. (AP)

Republicans in Congress still were strongly behind the boost in war spending, but there was unusually strong opposition from members of Obama's own Democratic Party. All but 12 of the "no" votes in the House came from Democrats.

"We're told we can't extend unemployment or pay to keep cops on the beat or teachers in the classroom, but we're asked to borrow another \$33 billion for nation-building in Afghanistan," said Rep. Jim McGovern, D-Mass.

ROBERT BURNS (AP)

ZONKEY?



**A zedonk**, an unusual cross between a donkey and a zebra, is attracting attention at the Chestnut Wildlife Preserve in Dahlonega, Ga., after being born there about a week ago. The animal, which has a zebra father and donkey mother, has black stripes prominently displayed on her legs and face. C.W. Wathen, the preserve's founder and general manager, said the foal has a zebra's instincts. (AP)

## Campaign Finance Bill Falls Short in the Senate

### Washington

Senate Republicans blocked legislation imposing new restrictions on political activity by special interest groups Tuesday, likely dealing a fatal blow to a drive by the White House and congressional Democrats to rewrite campaign rules in the run-up to the midterm elections.

The 57-41 vote was three votes short of the total needed to advance the measure, which calls for greater disclosure on campaign advertising funded independently by corporations, unions and other organizations, but included an exemption for the National Rifle Association and a

small number of other groups.

Less than 100 days before the elections, the debate was highly political — and the outcome widely anticipated.

Anticipating defeat, Democrats swiftly unleashed a coordinated attack employing one of their emerging campaign themes. "After a year of defending big banks, big insurance, big oil and other special interests, Republicans might want to drown out the voices of Americans who don't have the financial resources of big corporations but want to have their say in this year's elections," the party's chairman, Tim Kaine, said. (AP)

# Jeffs Convictions Are Reversed

Utah court finds jury instructions flawed in polygamist's trial

## Salt Lake City

The Utah Supreme Court on Tuesday reversed the convictions of polygamist leader Warren Jeffs and ordered a new trial, saying a jury received incorrect instructions before considering his role in the 2001 nuptials of a 14-year-old girl and her 19-year-old cousin.

Jeffs, 54 — head of the Fundamentalist Church of Jesus Christ of Latter Day Saints — was convicted in 2007 of two counts of first-degree felony rape as an accomplice. He is serving two consecutive terms of five years to life in the Utah State Prison.

"We are thrilled that the Supreme



Polygamist leader Warren Jeffs, center — shown in 2006 — was convicted in 2007.

Court had the courage to exonerate, or at least find that legal errors were made," defense attorney Wally Budgen said.

Assistant Utah Attorney General Laura DuPaix said the state maintains its position that Jeffs used his religious authority to

force an underage girl to marry and have sex.

She said no decision has been made about whether to prosecute Jeffs again.

Jeffs performed the religious marriage of Elissa Wall and Allen Steed in a Caliente, Nev., motel and later counseled Wall to be obedient and give her "mind, body and soul" to her husband in an effort to make an unhappy marriage work.

In its ruling Tuesday, the court agreed with defense attorneys who argued that jurors should not have been told to decide whether Wall's marital relations were consensual based on Jeffs' actions and his role as her religious leader. That essentially equates Jeffs with Steed — the person who allegedly has had nonconsensual sex.

Justices said prosecutors were wrong to make that leap. (AP)

## SEQUELS



**A team of scientists** will launch an expedition to the **Titanic** next month to assess the deteriorating condition of the world's most famous shipwreck and create a detailed 3-D map that will "virtually raise the **Titanic**" for the public. The expedition to the site **2½ miles** beneath the surface of the North Atlantic is billed as the most advanced scientific mission to the **Titanic** wreck since its discovery 25 years ago. The 20-day expedition is scheduled to leave St. John's, Newfoundland, on Aug. 18. (AP)



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# World

## U.S. Missing \$8.7B in Iraqi Funds

Report hits Pentagon for lax management in war-torn country

### Baghdad

A U.S. audit has found that the Pentagon cannot account for more than 95 percent of \$9.1 billion in Iraq reconstruction money, spotlighting Iraqi complaints that there is little to show for the massive funds pumped into the cash-strapped, war-ravaged nation.

The \$8.7 billion in question was Iraqi money managed by the Pentagon, not part of the \$53 billion that Congress has allocated for rebuilding. It's cash that Iraq, which relies on volatile oil revenues to fuel its spending, can ill afford to lose.

"Iraq should take legal action to get back this huge amount of money," said Sabah al-Saei, chairman of the Parliamentary Integrity Committee. The money "should be spent for rebuilding the country and providing services for this poor nation."

The report by the Special



Fires flare off the gas from crude oil at Iraq's oldest oil processing plant, in Baba Gurgur. Fuel shortages are still common in Iraq.

Inspector General for Iraq Reconstruction accused the Defense Department of lax oversight and weak controls, though not fraud.

"The breakdown in controls left the funds vulnerable to inappropriate uses and undetected loss," the audit said.

The Pentagon has repeatedly

come under fire for apparent mismanagement of the reconstruction effort — as have Iraqi officials themselves.

Seven years after the U.S.-led invasion, electricity service is spotty, with generation capacity falling far short of demand. Fuel shortages are common, and unemployment remains high, a testament to the

country's inability to create new jobs or attract foreign investors.

But the latest report comes at a particularly critical time for Iraq. Four months after inconclusive elections, a new government has yet to be formed, raising fears that insurgents will tap into the political vacuum to stir sectarian unrest. TAREK EL-TABLAWY (AP)



### BABY BOOM

**To boost Iran's economy**, President Mahmoud Ahmadinejad inaugurated a new government initiative that will pay families for every new child and deposit money into the newborn's bank account until he or she reaches 18. The new policy is meant to encourage population growth, dismissing Iran's decades of internationally acclaimed family planning as ungodly and a Western import. (AP)



Crews search the mountainous region in Romania where a copter crashed.

## Seven Killed After Military Flight Exercise

### Bucharest, Romania

All seven people aboard an Israeli military helicopter — one Romanian and six Israelis — were killed when it crashed into a mountain in central Romania, officials said Tuesday.

The helicopter, a Sikorsky CH-53 Sea Stallion, crashed Monday during a military exercise in which crews are trained to fly at low altitudes. Romanian search teams and Israeli representatives arrived at the crash site in a remote, mountainous area on Tuesday morning.

The Israeli military said Romanian officials had found seven bodies near the crash site. According to protocol, the military cannot formally announce they are dead until officials from the Military Rabbinate reach the scene and confirm the identities. ALISON MUTLER (AP)

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## In Brief

LONDON

## U.K. Blocks Extradition Of Ex-Bosnian Leader



A British judge has thwarted an attempt to force former Bosnian leader Ejup Ganic to stand trial for war crimes in Serbia, blasting Belgrade's attempt

to extradite him as abusive and politically motivated. Ganic's release ends a five-month legal battle that reigned tensions between the former Balkan foes. (AP)

MANILA, PHILIPPINES

## Facebook Helps Police Nab Murder Suspect

Police in the Philippines tracked down a suspect in a series of grisly robberies and killings with the help of his Facebook account, officials said. Mark Dizon, a 28-year-old computer technician, did not resist when arrested Tuesday while talking with his father in a public square in northern San Fernando city, police Senior Superintendent Danilo Bautista said. Dizon is accused of killing nine people — six Filipinos, an American, a Canadian and a Briton. (AP)

HAITI

## Haitian Kids in Limbo

Six months after a chaotic airlift to the United States, 12 Haitian children remain in a Roman Catholic institution near Pittsburgh, their fate in limbo while U.S. and Haitian authorities struggle to determine which nation should be their future home. Their case is complicated and politically sensitive, and all parties say they want the best outcome possible for the children. (AP)

## DISCOVERIES

## If it's too good to be true, it probably is.

The discovery of a new painting by Caravaggio during the 400th anniversary of his death was overshadowed by scholars concurring that the "Martyrdom of St. Lawrence" did not look like a Caravaggio, but rather like the work of one or more of his followers. The painting will still be tested to ascertain its attribution. (AP)

## It's Smooth Sailing for Young Dutch Teen

Judge clears girl, 14, to begin her quest to sail around the world

Middleburg, Netherlands

A 14-year-old Dutch sailor will be allowed to launch a risky attempt to become the youngest person to sail solo around the world, a court said Tuesday, clearing her for an adventure that could begin within two weeks.

Laura Dekker said she is thrilled to hear of the Middleburg family court's decision to lift a guardianship order imposed on her last year after she said she wanted to set sail when she was still just 13.



EVERT-JAN DANIELS/AP

Dutch sailor Laura Dekker, 14, poses on her boat, Guppy, in Den Osse, Netherlands.

"I was so happy I almost jumped into the water," Dekker told reporters at the harbor where her yacht is moored.

Presiding Judge S. Kuypers said the decision and responsibility for Laura now "lies with her parents."

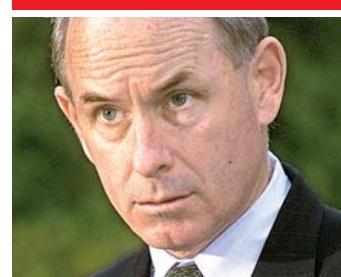
MIKE CORDER (AP)

## Unwavering Support

Laura Dekker's plan to sail around the world alone ignited a worldwide debate about how far parents should go in supporting or encouraging their children's improbable dreams. In June, 16-year-old

Abby Sunderland of California had to be rescued from her solo trip after a rogue wave snapped her mast in the southern Indian Ocean. Dick Dekker, Laura's father, brushed off criticism that he was pushing Dekker to do the trip as "nonsense." (AP)

## Hearsay



**"There is no religion that sanctions what can only be described as cold-blooded murder."**

— P.J. CROWLEY, U.S. STATE DEPARTMENT SPOKESMAN, ABOUT FRANCE'S DECLARING WAR ON AL-QAEDA. HE ADDED THAT THE U.S. SAID IT WOULD HELP THE FRENCH "IN ANY WAY THAT WE CAN" TO BRING TO JUSTICE THOSE WHO TOOK A FRENCH AID WORKER HOSTAGE.



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# Local

## Alleged Md. Serial Killer Indicted

Upper Marlboro, Md.

A 27-year-old man who police have alleged is a methodical serial killer was indicted by a grand jury Tuesday in the deaths of a mother and daughter last year.

Former UPS worker Jason Thomas Scott of Upper Marlboro was indicted on two counts of first-degree murder and other offenses in the March 2009 slayings of nurse Delores Dewitt and her 20-year-old student daughter, Ebony. If convicted, he would face two life terms in prison.

Police said those killings are linked to a January 2009 slaying of another Prince George's County mother and daughter who were found shot to death inside their locked home. Scott has not been charged in those slayings. The slain mother in that case was also a nurse and the daughter was a student. (AP)

### The Lotteries

Tuesday, July 27

#### District

Mid-day Lucky Numbers.....	4-7-6
Evening Lucky Numbers (Mon.) .....	2-1-9
Mid-day DC 4.....	6-7-8-9
Evening DC 4 (Mon.).....	7-6-0-6
Mid-day D.C. Five.....	2-8-5-8-7
Evening D.C. Five (Mon.).....	5-6-0-5-3
Daily 6 (Mon.).....	1-3-7-17-18-31 (32)

#### Maryland

Mid-day Pick 3.....	8-5-3
Evening Pick 3 (Mon.).....	6-3-0
Mid-day Pick 4.....	2-6-7-6
Evening Pick 4 (Mon.).....	3-4-0-7
Match 5 (Mon.).....	8-12-16-22-36 (2)

#### Virginia

Mid-day Pick 3.....	1-7-1
Evening Pick 3 (Mon.).....	2-6-2
Mid-day Pick 4.....	7-4-9-0
Evening Pick 4 (Mon.).....	3-7-1-5
Mid-day Cash 5 (Tues.).....	4-20-21-26-31
Evening Cash 5 (Mon.).....	10-22-31-32-34

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

## NTSB: Remove, Retrofit Old Cars

Board says '09 Metro crash caused by bad signal alert on tracks

### Washington

The National Transportation Safety Board has recommended that Metro remove or retrofit its oldest subway cars as soon as possible in the wake of last year's deadly crash.

Some of the cars date to the 1970s, and the train that collided with a stopped train at the Fort Totten station in June 2009 was composed entirely of the older cars.

Metro has already awarded an \$886 million contract to replace the old cars but has said it cannot



The NTSB said Tuesday Metro's "anemic safety culture" made a crash inevitable.

take them out of service immediately.

The NTSB issued a series of

recommendations Tuesday, some of which apply to other transit systems. It says systems that use the same signaling components that Metro uses should identify and remove them.

The NTSB says the crash was caused by a faulty signal that failed to alert the approaching train about the stopped train.

The board opened its meeting Tuesday with Chairman Deborah A.P. Hersman condemning Metro's "anemic safety culture" and saying "layers of safety deficiencies" made a crash inevitable.

"Metro was on a collision course long before this accident," Hersman said. "The only question was when Metro would have another accident." (AP/THE WASHINGTON POST)

### Meanwhile ...

A Maryland proposal to build a 16-mile Purple Line is now part of Montgomery County's master plan:

► The council voted unanimously Tuesday to add a double-track rail line between downtown Bethesda and Langley Park — Montgomery's section of a transit link that would extend east into Prince George's County to New Carrollton.

► The new plan also added access points to the Georgetown Branch trail between downtown Bethesda and Silver Spring.

► The Maryland Transit Administration is seeking federal funding to help cover the Purple Line's construction, now estimated to cost \$1.68 billion.

## Arlington Cemetery Officials Subpoenaed

### Arlington

Officials who ran Arlington National Cemetery for nearly two decades before hundreds of unmarked and mismarked graves were discovered last month have been served with subpoenas to testify Thursday before a Senate subcommittee investigating contracting irregularities, according to the committee's chairwoman.

The Senate Homeland Security and Governmental Affairs subcommittee on contracting oversight will require John C. Metzler, 62, and Thurman Higginbotham, 68, the cemetery's longtime superintendent and second in command, to testify at a hearing Thursday morning, said Maria Speiser, spokeswoman for committee chair Sen. Claire McCaskill, D-Mo.

Neither man has spoken pub-



There were more than 60 discrepancies in the records for Arlington National Cemetery's Section 5, known as "Justice Hill."

licly since Army Secretary John McHugh last month announced that the Army's inspector general had found more than 100 unmarked graves, scores of grave sites with headstones that are not recorded on cemetery maps, and at

least four burial urns that had been unearthed and dumped in an area where excess grave dirt is kept.

On Sunday, The Washington Post reported that it found problems with another 130 graves between one of Arlington ceme-

tery's least-known sections and one of its most popular.

In a historic but little-visited area of the cemetery, three rows of graves of freed slaves and black Civil War soldiers are missing.

AARON C. DAVIS (THE WASHINGTON POST)



### CURES

Medical marijuana is now legal in the District, after Congress declined to overrule a D.C. Council bill that allows the District to set up as many as eight dispensaries where chronically ill patients can purchase the drug. D.C. Delegate Eleanor Holmes Norton, a Democrat, said in a statement the bill would become law after Congress finished its business Monday night because neither the House nor the Senate opted to intervene. (THE WASHINGTON POST)

# Cover Story



EXPRESS PHOTO ILLUSTRATION

# Stop, Don't Shoot

Freedom to take pictures doesn't always click with the security guards in federal buildings

A few weeks ago, on his way to work, Matt Urick stopped to snap a few pictures of the U.S. Department of Housing and Urban Development's headquarters. He thought the building was ugly but might make for an interesting photo. The uniformed officer who ran up to him didn't agree. He told Urick he was not allowed to photograph federal buildings.

Urick wanted to tell the guard that there are pictures of the building on HUD's website, that every angle of the building is visible in street views on Google Maps and that he was merely an amateur photographer, not a threat. But Urick kept all this to himself.

"A lot of these guys have guns and are enforcing laws they obviously don't understand, and they are not to be reasoned with," he said. After detaining Urick for a few minutes and conferring with a colleague on a radio, the officer let him go.

Courts have long ruled that the First Amendment protects the right of citizens

**"A lot of these guys have guns and are enforcing laws they obviously don't understand, and they are not to be reasoned with."**

— MATT URICK, WHO WAS NOT ALLOWED TO TAKE PICTURES OF HUD'S HEADQUARTERS RECENTLY.

**9,000**

The number of federal buildings nationwide guarded by the Federal Protective Service, an agency in the Department of Homeland Security.

**16,225**

The number of security guards — 1,225 officers and 15,000 contractors — working for the Federal Protective Service.

to take photographs in public places. Even after the terrorist attacks of Sept. 11, 2001, law enforcement agencies have reiterated that right in official policies.

But in practice, those rules don't always filter down to police officers and security guards who continue to restrict photographers, often citing authority they don't have. Almost nine years after the terrorist attacks, which ratcheted up security at government properties and transportation hubs, anyone photographing federal buildings, bridges, trains or airports runs the risk of being seen as a potential terrorist.

Reliable statistics on detentions and arrests of photographers are hard to come by, but photographers, their advocates and even police agree that confrontations still occur frequently. Photographers had run-ins with police before the 2001 attacks, but constitutional lawyers say the combination of heightened security concerns and the spread

of digital cameras has made such incidents more common.

In the past month, in addition to Urick's encounter, a retired oceanographer said he was threatened with arrest for snapping pictures of a federal courthouse in Silver Spring, and an Alexandria man was briefly detained for photographing police making a traffic stop in Georgetown.

Law enforcement officials have a hard time explaining the gap between policy and practice. The disconnect, legal experts say, may stem from a dearth of guidelines about how to balance security concerns with civil liberties.

"Security guards are often given few rules to follow, but they have clearly gotten the message that they need to be extra vigilant," said Kent Willis, executive director of the American Civil Liberties Union of Virginia. "In the end, it seems you never know how a particular security guard is going to react." ANNYS SHIN (THE WASHINGTON POST)

## Restricted Rights

Photographers are challenging unwarranted restrictions by collecting hundreds of photos that prompted police questioning, detention or arrest; the pictures are posted on online photo sharing sites such as Flickr.



ERIN McCANN



JEROME VORUS

### TACKLING THE ISSUE

In March, two Transportation Security Administration officials didn't take kindly to First Amendment arguments made by Jerome Vorus of Alexandria. The college student was taking photos on a public concourse at Reagan National Airport for his aviation blog when he was stopped and questioned. Vorus said TSA workers told him he was not allowed to take pictures of the security checkpoint or TSA personnel. After a lengthy back-and-forth, Vorus snapped photos of two airports authority officers who had been called in to help. He says one officer tackled him, took his camera and deleted pictures. An airports authority investigation was "inconclusive" about whether the officer tackled Vorus or deleted his pictures but concluded the officer did violate unnamed airport policies.

# Sports

# The Science of Strasburg

How the Nationals star makes throwing 100 mph look so easy

## The Nationals

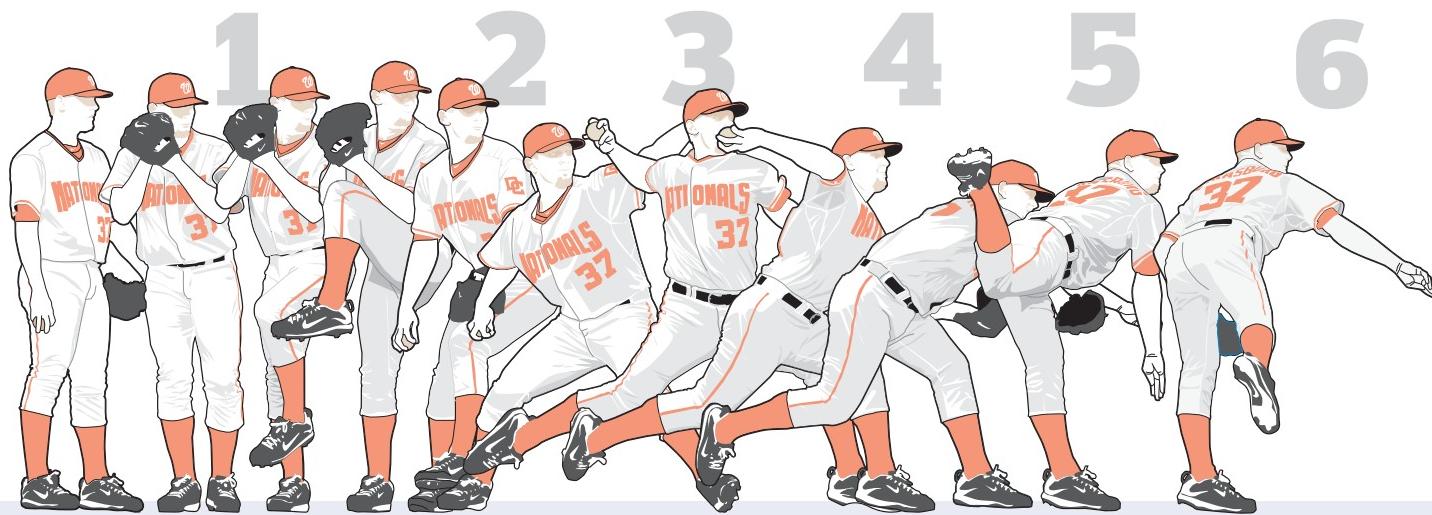
What makes Washington Nationals rookie Stephen Strasburg such a great pitcher? The 22-year-old can throw triple-digit fastballs while guiding the ball to an exact spot in, or not quite in, the strike zone. His curveballs seem to fall off a cliff. His changeup — a slower pitch, meant to confuse the batter — clips along at 89 mph, the speed of some pitchers' fastballs.

To his fans, coaches, teammates and especially his strikeout victims, Strasburg's talent seems inexplicable, a supernatural force: "There's no rhyme or reason. He's just better than everybody else," says Rob Dibble, a MASN TV commentator who once threw 99 mph fastballs of his own. "It's a God-given talent," says Steve McCatty, the Nationals' pitching coach.

But baseball is a game of numbers and physical laws. Experts on pitching and biomechanics say that Strasburg is a genius at moving energy through his body, never making a motion too early or too late, never creating an angle in his body that's too acute or obtuse.

Strasburg's complex series of perfect motions starts when he raises his left foot. The energy moves from the legs to the pelvis, to the trunk to the shoulder to the elbow, to the wrist to the fingertips — and, finally, to home plate. Scientists call this the kinetic chain, or the process of transferring energy from one link in the body to the next. Coaches call it coordination.

"His mechanics are sound and very fluid," Nationals General Manager Mike Rizzo says. "The effort he exerts to get to maximum velocity is very minimal for his miles per hour. ... The effortless delivery translates into more



### 1. Getting started

The motion begins as the body coils. Strasburg raises the ball to cheek level, then lifts his left knee above his waist, twisted in front of his trunk in a balanced position, ready to begin.

### 2. Stride

His legs start the chain. The right leg pushes off the pitching rubber. Simultaneously, his arms swing below his hips and apart like pendulums as his left knee goes forward and down.

### 3. Momentum

After his front foot lands, energy is transferred to his pelvis, which begins to turn to face the batter. After a slight, momentum-building lag, his upper trunk follows, but his right arm is still back with the elbow flexed.

### 4. Acceleration

As momentum from the trunk twist moves to his shoulder, it rotates forward at the frightening rate of 20 rotations per second. The elbow extends and straightens.

### 5. Release

His wrist straightens as energy in his stretched elbow tendons whips the hand forward. His fingertips give the ball a final push and end up pointing straight down.

### 6. Follow-Through

His left knee straightens more as momentum bends his trunk farther and carries his right leg forward. His trunk rotates so much that the batter can see his back, but he ends up in a balanced position.

SOURCES: GLENN FLEISIG, RESEARCH DIRECTOR AT AMERICAN SPORTS MEDICINE INSTITUTE; "THE PHYSICS OF BASEBALL," BY ROBERT K. ADAIR

BONNIE BERKOWITZ AND ALBERTO CUADRA/THE WASHINGTON POST

**"What makes a good pitcher ... is that he doesn't have a weak link in his chain of events or a mistimed motion."**

— GLENN S. FLEISIG, THE RESEARCH DIRECTOR AT THE AMERICAN SPORTS MEDICINE INSTITUTE IN BIRMINGHAM, ALA., WHO STUDIES PITCHERS IN THE COMPANY'S LAB.



KEVIN C. COX/GETTY IMAGES

Nationals GM Mike Rizzo says Stephen Strasburg immediately passed his "eye test."

command over the pitch." In other words, Strasburg makes throwing a ball 100 mph look easy.

### No Weak Links

Aspects of Strasburg's anatomy, including his height, hands, legs and the soft tissue in his shoulder, help him throw the ball faster, but there is no paper-doll ideal for what a great pitcher looks like. The 6-foot-10 Randy Johnson, who retired this year, didn't have a big lower half to power his windup, and the Astros' Roy Oswalt, who is listed at 6 feet tall, doesn't have height.

Strasburg is a big guy: 6-4 and 220 pounds. Rizzo says that Strasburg passes his "eye test" for a pitcher. "It's a very physically demanding position, and the lower portion of the pitcher's body is vitally important," Rizzo says. "When I saw Stephen, he looked like a big, physical horse of a pitcher."

Nationals relief pitcher Drew Storen, who is 6-foot-2, says Strasburg's pitches have a great downhill plane. "The ball is so far up, and it has to go

down to the catcher, and that's pretty hard to hit," Storen says.

Storen also mentions Strasburg's long fingers, which help him put nasty spins on the ball.

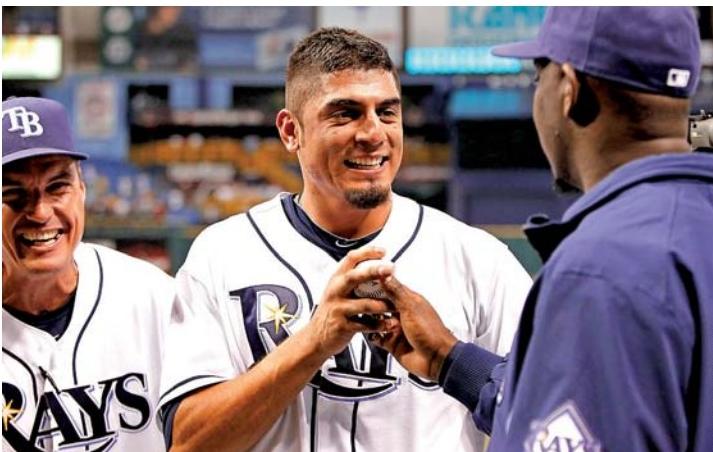
The fact that Strasburg hasn't hurt his shoulder yet bodes well for his longevity as a pitcher. Renowned surgeon Dr. James Andrews thinks the fact that the pitcher made it through Little League, high school and college without serious injury can be credited to his DNA.

"Longevity is all genetic," Andrews says. "I'm sure Strasburg has great genes; not everybody has those. That's the most critical difference between the wannabe thrower and the elite thrower." RACHEL SASLOW (THE WASHINGTON POST)

washingtonpost.com

Stephen Strasburg was scratched from his start Tuesday night after he couldn't get loose before the game. For a full recap of his X-ray and MRI diagnosis | [washingtonpost.com/sports](http://washingtonpost.com/sports)

# Sports



J. MERCY/GETTY IMAGES

The Tampa Bay Rays' Matt Garza celebrates after throwing a no-hitter Monday night.

## No-No's Seemingly The Norm in MLB

With five no-hitters this season, typically rare gems are old hat

### Pro Baseball

Five no-hitters — two of them perfect games — and another gem that was spoiled by an umpire.

By now, San Francisco Giants broadcaster Mike Krukow and others around baseball are beginning to expect a piece of pitching history every week.

"I do. I can't explain it," said Krukow, who pitched in the majors from 1976 to 1989. "Amazing. I think it's pretty cool. The year of the pitcher."

Matt Garza tossed Tampa Bay's first no-hitter Monday night in a 5-0 victory over the Detroit Tigers, becoming the fifth big leaguer to turn the trick during a season of mastery on the mound.

The last time there were five

no-hitters in one year was 1991, when Hall of Famer Nolan Ryan threw one of seven in the majors. Now, arms are in charge again — so much so that no-hit alerts seem commonplace.

Ho hum, another shutout. Complete game? Yawn.

"Pitching has gotten better," Rays manager Joe Maddon said. "I don't know that the hitting has gone back a bit, but the pitching has definitely gotten better."

The numbers back him up.

Fourteen times a pitcher has carried a no-hitter into the eighth inning this year. That's the most through July 26 since at least 1974, as far back as such records go at STATS LLC.

As a comparison, it happened six times by that date last season.

"I don't know if there are any explanations for it," Minnesota manager Ron Gardenhire said. "It runs in cycles, and you just go through it." MIKE FITZPATRICK (AP)

### TV Lineup

**SOCCER (8:30 P.M., ESPN2)** MLS sends out its best players against English power Manchester United in the MLS All-Star Game in Houston.

**NATIONALS (7 P.M., MASN)** The

Nats host the Atlanta Braves in the second game of a three-game series.

**BASEBALL (7 P.M., ESPN)** Albert Pujols and the St. Louis Cardinals visit the New York Mets.

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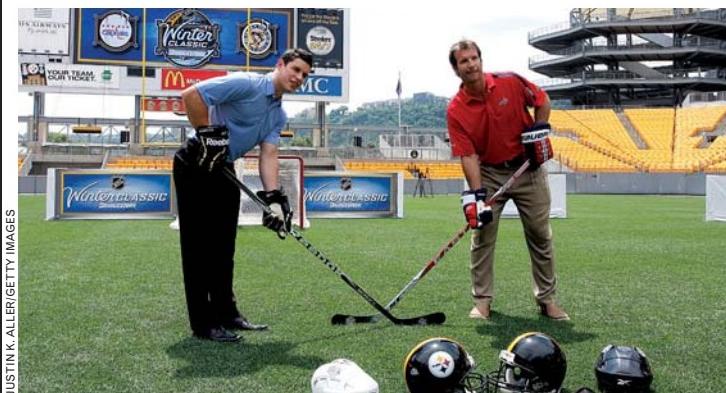
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## Sports



Sidney Crosby, left, and Mike Knuble pose at Heinz Field in Pittsburgh, Pa., Tuesday.

## NHL Gets Real Rivalry For 2011 Winter Classic

### Pro Hockey

Sidney Crosby is certain of this: The NHL won't have to manufacture a rivalry when the Capitals and Penguins play in the Winter Classic on Jan. 1 in Pittsburgh.

Crosby says the Capitals-Penguins series is so intense it's essentially a season within a season when the teams meet. NHL commission-

er Gary Bettman says it probably is the NHL's best rivalry now. And now it's moving outdoors.

The NHL picked the most summery of days to showcase its mid-winter game, as Crosby and teammates Pascal Dupuis and Max Talbot, and the Capitals' Mike Knuble and David Steckel shot pucks between Heinz Field's goal posts. (AP)

### In Brief

#### PRO FOOTBALL

##### New Concussion Warning

The NFL will distribute a new poster to teams that warns of the dangers of concussions in much harsher language than the league had used before. Traumatic brain injury "may lead to problems with memory and communication, personality changes, as well as depression and the early onset of dementia," the document reads. "Concussions and conditions resulting from repeated brain injury can change your life and your family's life forever." (AP)



Ex-Raiders safety Jack Tatum was known for his bone-crushing hits.

Oakland, according to friend and former Ohio State teammate John Hicks. (AP)

#### OBITUARY

##### Raiders Great Tatum Dies

Jack Tatum, the All-Pro safety for the Oakland Raiders best known for his hit that paralyzed Darryl Stingley in an NFL preseason game in 1978, has died. He was 61. Nicknamed "The Assassin," Tatum died of a heart attack Tuesday in

#### PRO FOOTBALL

##### Source: Bengals Sign T.O.

Terrell Owens has signed a one-year, \$2 million deal with the Cincinnati Bengals, sources told ESPN Tuesday. The deal includes another \$2 million in incentives. Owens played last season with the Buffalo Bills, and had 55 catches and five touchdowns. (EXPRESS)

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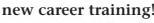
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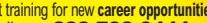
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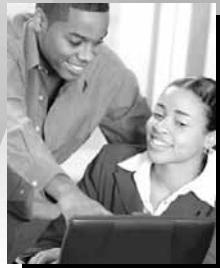
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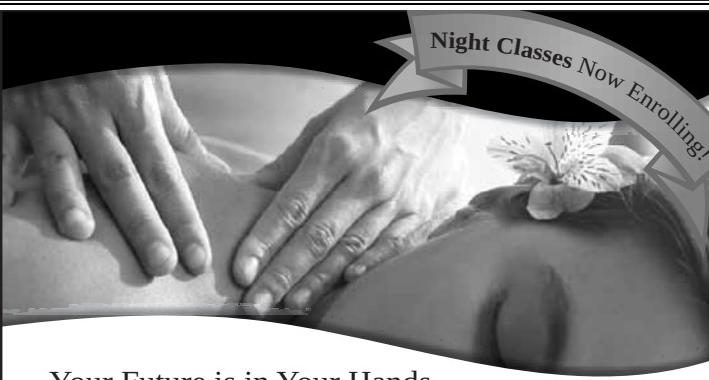
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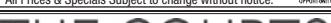
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# lookout

## Geek Philosophy



### Tech Everlasting

I finally got around to upgrading my cell phone, swapping out my ancient Sidekick 3 for a myTouch 3G Slide. For the most part, I'm happy with my new phone, though — as I expected — my kielbasa-shaped fingers aren't exactly the best tools for operating pocket-sized touchscreens.



By  
Kenneth  
Terrell

It was largely this handicap that kept me from getting a new phone. But the other, more significant reason was my fear of what happens to old cell phones: Mostly, they end up in landfills.

I'm not much of an eco-crusader in general, but years of covering the tech industry has taught me that the same gadgets that are vital to our daily activities are deadly to our ecology.

So, I was pleasantly surprised that while I was sorting through the various wires and instruction manuals that came with my new phone, I came across a postage-paid mailing slip for T-Mobile's Handset Recycling Program. Just ship that old Sidekick to them, and they'll either recycle or reuse it. I know several other tech companies offer to recycle your old gadgets for free or for a small fee, usually posting the details on their websites. Let's do our part and help them out.

Best Coast's wistful pop tunes capture the feel of long, hot days at the beach

#### Album Review

Indie rock's fascination with the beach has reached heat-wave temps this summer, with bands from skateboard brats Wavves to '80s throwbacks the Drums releasing album-length odes to sand, sun and lost loves. But all this sunny fun is tinged with wistfulness, and, come October, you can stow these albums in the attic like a swimsuit.

Perhaps no one sums up this feeling better than Bethany Cosentino, the singer and songwriter

**Cosentino distills summer longing into simple songs, but she sometimes writes like the heat's already gotten to her.**

behind the L.A.-based band Best Coast. Cosentino updates old girl-group hits and surf-pop standards with messy guitars, reverbed production and volleyball melodies. Cosentino's "Crazy for You" debuts one of the most highly anticipated albums of the season.

With a bold, expressive, vivacious voice, Cosentino captures beach-bound drama with surprising nuance and emotion, investing these songs about boyfriends and



**Crazy  
For You**  
Best Coast

boredom with real depth. As fellow Best Coaster Bobb Bruno lays down crisp guitar licks that sometimes recall unsunny mope-rockers the Cure, Cosentino plays at being sassily dismissive on "Bratty B" and vulnerably lovelorn on "Summer Mood."

"Crazy for You" is barely half an hour in length, and the mood of minor melancholy never lets



## Camera-Shy?

Heidi Montag drops out of a reality show with an old friend **31**

# Another Indie Splash



Best Coast's Bethany Cosentino, shown in March at SXSW 2010 in Austin, Texas, sings tunes with a distinctly summer-y mood.

up. That's the point, more or less: Rather than posturing too obscurely, Best Coast makes small-state-of-the-art pop that's mostly about boys, Cosentino's cat and pot. "When you leave," she sings on "Our Deal," "you take away everything/You take all my weed."

Cosentino distills summer longing into eloquently simple pop songs, but she sometimes writes like the heat's already gotten to her. "I Want To" and "When the Sun Don't Shine" spin the same lines over and over until they lose their meaning, becoming random syllables sparkling in the sun. **STEPHEN M. DEUSNER**

## Success

### All in the Family

Bethany Cosentino is no stranger to the limelight: The daughter of the drummer from '70s low-riders War, she was pursued by major labels after posting songs to her teenage MySpace page a few years ago but declined the offers in favor of attending college. After a handful of EPs and singles, Cosentino has become a minor celebrity — Bill Murray is reportedly a fan. **S.M.D.**

**expressnightout.com** ►► Rapper Fat Joe's new album falls short of bringing his reputation back to 'The Darkside' ►► 'The Prowler' dismembers the slasher-film genre with unexpected cinematic beauty ►► A resurrected Creed takes its vaguely religious tunes and Scott Stapp's offensive leather pants to Jiffy Lube Live

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Comments? Give Kenneth your feedback:  
[expressnightout.com/geek](http://expressnightout.com/geek)

# Tried, True and Tired

'Plain Jane' gives already-pretty people a chance to shed 'ugly duckling' mentalities

## TV Premiere

**CW 8:00** With an endless list of subjects that can be improved via reality show — cars, houses, pets, restaurants, parents, significant others, etc. — CW goes old-school this week with "Plain Jane," a six-episode series about the most classic makeover subject out there: ourselves.

"Plain Jane," premiering Wednesday night, features one "ugly duckling" a night. But none of them are ugly at all. As if to drive home this point, the show's opening scenes include shots of Drew Barrymore in "Never Been Kissed," Molly Ringwald in "Sixteen Candles" and Taylor Swift in her "You Belong With Me" music video, examples of how throwing a hideous pair of glasses on a beautiful person is supposed to make us forget she's beautiful.

In the first episode, Cristen, a music business assistant from Los Angeles, appears in a video, begging to be chosen for a life makeover. Hear her pain:



The fashion-challenged Cristen, center, receives a life makeover on "Plain Jane."

**Fear not — there's only one type of ending for this manufactured fairy tale.**

"My wardrobe is a disaster, I'm really bad at hair and makeup. Please ... help," pleads Cristen, a fresh-faced 24-year-old.

Host Louise Roe — a leggy, brUNET, self-proclaimed fashion expert with a fabulous British accent — is simply horrified. "She's ... sweet," Roe says lightly, though her eyes

widen when Cristen confesses that on occasion, she has been known to wear pajamas out of the house.

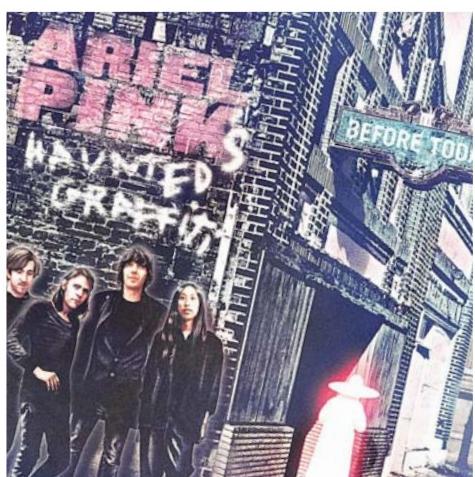
Thus begins the adventure. A frizzy-ponytailed Cristen meets with Roe to confess that even though she's been surrounded by almost exclusively male friends her whole life, she has been on only one real date — plus, she harbors a hard-core crush on her buddy Ty, who has categorized her in "the friend zone" since college.

No spoilers here, but fear not — there's only one type of ending for this manufactured fairy tale.

EMILY YAHR (THE WASHINGTON POST)

**expressnightout.com**

COMPILED BY FIONA ZUBLIN. FOR MORE UPCOMING EVENTS, FOLLOW THE TOP STOPS BLOG AT EXPRESSNIGHTOUT.COM/TOPSTOPS



## 1 Freak Out, Freak On

You couldn't ask for a gentler introduction to freak folk than Ariel Pink's Haunted Graffiti — supposedly, the group's live shows are more polished than they used to be, but we're hoping they haven't lost the sort of homegrown, half-assed charm that comes from not having a drum kit and beat-boxing all your own backups. Check them out tonight at the Rock and Roll Hotel. **Rock and Roll Hotel, 1353 H St. NE; 8:30 p.m., \$14; 202-265-7625, Rockandrollhoteldc.com.**

## 2 Sensory Overload

Though we're a bit concerned by the name of the Flashing Lights DJ night — can we bring our friends who are prone to migraines? — we can't deny that its vibe of disco-techno-rave is right on the money. When DJ Ayres, Nick Catchdubs and Jess Jubilee get together, they make us want to dance. Simple as that. **U Street Music Hall, 1115A U St. NW; Thu., 10 p.m., \$8; 202-588-1880, Ustreetmusichall.com. (U St.-Cardozo)**

## 3 Mushrooms and Mario

For children of the '80s, the Mario Bros. theme song brings back memories of sitting in your basement, guiding a tiny Italian plumber through strangely monotonous worlds made of pipe and bricks, collecting gold coins. Those were the days. "Super Claudio Brothers," the clever new musical based on the game, capitalizes on that nostalgia — and we love it for that. **Warehouse Theatre, 1021 7th Street NW; through Aug. 1, \$15; Claudiobros.com. (Mt. Vernon Square)**

# 'Endgame' Is a Very Well-Played Move

Zach Galifianakis stars in a clever flick sent straight to DVD

## Film Review

Straight-to-DVD movies are usually terrible. But "Operation: Endgame" — an action-comedy that came out Tuesday on DVD and stars Rob Corddry, Zach Galifianakis, Jeffrey Tambor and some other funny people — is the perfect example of the medium done right. It's solidly funny and displays some surprising twists.

The film opens by discussing the steps past leaders took to protect our nation, such as training government operatives to protect our interests internationally. Then, we flash



forward to Jan. 20, 2009, and meet some of those secret agents.

Two rival groups of agents basically work against each other to keep the world at peace. Everyone works under the Devil (Tambor). But when they gather for a meeting and both Hermit, the teams' best assassin (Galifianakis), and the Devil don't show, Alpha and Omega find the latter dead in his office. Not only is their leader dead, but their headquarters — called "the Factory" — has been launched into Project Endgame, a program that will flood the building with napalm after Obama is sworn in.

Forced to work together, the teams try to find a way out of the Factory and determine who killed the Devil. As they begin to turn on each other, we learn there's more to the Factory's inevitable destruction than just petty rivalries.

ROXANA HADADI



## buy' ngop! majQa'! nuqjatlh?

- 1 In 1992, a starship named the USS Jenolan appeared on an episode of "Star Trek: The Next Generation."
- 2 On Aug. 22, Australia's Jenolan Caves (Jenolancaves.org.au) will unveil a self-guided audio tour in Klingon.
- 3 Finally, Klingon tourists have an answer to nuqDaq 'oH puchpa'e? (EXPRESS)

# [Burger meister]



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# TV tonight lookout

## Best Bets

FOX  
8:00

**So You Think You Can Dance** The top six perform together again. Last week, judges including Mia Michaels, right, saved a dancer from elimination. As a result, two will be sent home on Thursday night.

BRAVO  
9:00

**Top Chef** In the quickfire challenge, the chefs must create delicious tidbits that can be speared with a toothpick at a congressional party. Then, to avoid elimination, they must prepare a power lunch at Washington's Palm restaurant. U.S. Rep. Aaron Schock, R-Ill., left, and chef Art Smith are guest judges.

BRAVO  
10:00

**Work of Art: The Next Great Artist** Almost invariably, when a competition forces its contestants to work as teams, the "partners" get along like oil and water. So it makes sense that the latest challenge calls for the artists to work in pairs to create works about opposing forces such as heaven and hell.

FOOD  
10:00

**24 Hour Restaurant Battle** Chicago-area best friends hope to open a European-style bistro, while Texas sisters try to combine their culinary backgrounds into a venture dedicated to their father. Scott Conant, right, hosts. (TRIBUNE MEDIA/UNITED FEATURE SYNDICATE)



SAMANTHA APPLTON

PBS  
8:00

## Beatle In the House

**PAUL McCARTNEY:  
IN PERFORMANCE  
AT THE WHITE HOUSE**

Paul McCartney accepts the prestigious Gershwin Prize for Popular Song in a music-filled special hosted by President Obama and first lady Michelle Obama. The program includes performances by the former Beatle, Stevie Wonder, Elvis Costello, Herbie Hancock, Corinne Bailey Rae, Dave Grohl, the Jonas Brothers, Faith Hill, Emmylou Harris, Lang Lang and Jack White. (TRIBUNE MEDIA)

## Science



## Bugging Out

A new episode of "Monsters Inside Me" (10 p.m., Animal Planet) recounts stories of parasites that reside inside their hosts as they travel around the world. An Iraq war veteran pulls a foot-long worm from his body, while a New Yorker who has just returned from Africa discovers an unwelcome guest in his eye. (TRIBUNE MEDIA)



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# lookout travel

# A Cool Place to Row Your Boat

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## Destinations

We're standing in a field of rocks in a dense fog, surrounded by icebergs stranded at low tide. This is the terminal moraine of Alaska's Columbia Glacier — the rocky debris that was left when the glacier retreated — and it looks like the moon, all gray and black and icy and bleak. Wearing oversize rubber boots, I steady myself on the small, slick rocks as my traveling companions in brightly colored rain gear start to off-load our kayaks from the small water taxi that dropped us here.

The four of us were about to embark on a five-day adventure,

paddling 57 miles in nearly constant rain through Columbia Bay and Prince William Sound to the Port of Valdez. The trip, organized by Valdez-based Anadyr Adventures, took us to sheltered bays, short sections of choppy water and the swells of the Valdez Arm.

None of us had sea-kayaked before, so our first hours with our guide, Josh McDonald, were spent discussing water safety, efficient paddling, and getting in and out of the boats without capsizing.

We started our trip where the tip of the Columbia Glacier was located 30 years ago. Today the glacier is 10 miles from that point, having retreated into deep water.

As we launched our kayaks, growlers — small icebergs — tipped and rolled in the bay. McDonald cautioned us to keep a safe distance from them; only 10 percent



LYNN M. DOMBEK/AP

A kayaker paddles around small icebergs in Prince William Sound in Alaska.

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# Kitchen Think

Exhibit dips into food innovations (and their mascots)

## Pantry Raid

You may feel famished as you enter the U.S. Patent and Trademark Office this summer, what with a LeBron-sized cutout of the Jolly Green Giant grinning from one wall and a big-eyed Mr. Peanut costume lurking in a glass case nearby. It's all part of the buffet of foodie lore served up in the new exhibit "Inventive Eats" at the office's on-site National Inventors Hall of Fame and Museum.

Using artifacts, video and generous dollops of humor, the show pokes into culinary trademarks, showing how branding, advertising and characters such as Cracker Jack and the Pillsbury Doughboy affect what we stuff in our mouths.

The exhibit of vintage ads, videos of "Mad Men"-era commercials and trademark lore amounts to a culinary time machine. Artifacts — including the first home-use microwave oven (an oversized 1955 contraption from Tappan that cost a cool \$1,200) — mingle with interactive elements, such as '60s and '70s commercials starring the Trix Rabbit and the Kool-Aid dude.

Anyone who has raked a Microplane grater over a lime or diced a carrot in a Cuisinart knows that kitchen inventions add up to better (or at least faster) meals. Here, in a model of a 1950s cucina with yellow wallpaper, eyeball new-at-the-time gadgets such as a pop-up toaster and



**Be sure to eat lunch before viewing the Patent Office's new exhibit on food inventions, or you'll risk wanting to lick the walls.**

Corningware bakers. "We want to give an understanding of the role innovation and intellectual property protection play in our lives," says David Kappos, under secretary of commerce for intellectual property and director of the United States Patent and Trademark Office. "Innovations have made food safer, healthier and easier

patent for the breakfast carbs in 1896.) In 1905, at age 11, Frank Epperson birthed Popsicles when he left his powdered soda pop and water mix on the back porch in the winter and discovered that it froze — yet still tasted great. And the chocolate-chip cookie entered the world in 1930 when the chocolate didn't absorb into Ruth

**"Let's face it: Chocolate-chip cookies are probably the greatest food invention in the history of the world."**

— JOHN PALFOUTAS, PRESIDENT OF THE NATIONAL INVENTORS HALL OF FAME

to prepare."

Interestingly, the exhibit shows that many of your favorite foods came about accidentally. John Harvey Kellogg created corn flakes when he over-boiled wheat. (He eventually acquired a

Wakefield's Butter Drop Do Cookies. "Let's face it: Chocolate-chip cookies are probably the greatest food invention in the history of the world," says John Palfoutsas, president of the National Inventors Hall of Fame.

## Burner Questions



### Such a Spice Girl

**Bal Arneson**, the host of the new Cooking Channel's "Spice Goddess" (Sat., 11 a.m.), learned to cook when she was growing up in northern India. Now, as a mom and professional cook in Vancouver, B.C., she specializes in hearty, healthy and quick-to-fix Indian dishes. **KATIE ABERBACH (EXPRESS)**

#### What's your show about?

How to cook Indian food in a healthy style. It's exactly what I did growing up in the village: We cooked food with few spices and ingredients, and we made amazing, healthy meals very quickly.

#### How can Americans be less intimidated by cooking Indian food?

Follow your palate. In America, you have access to spices from around the world. Cumin, coriander, bay leaves, cardamom; those are the basics. Create your own curry!

#### What's an easy Indian dish beginners can make?

Lentils. In a pan, sauté some onion, garlic and cumin seeds. Then, add fresh tomatoes and lentils, and that becomes a very simple, basic, healthy lentil dal dish.

#### What spice do you think people should use more often? What's the most underappreciated spice?

Many people don't know how to use turmeric. They are afraid of the color — because if it gets on your shirt, it will stain forever. But the health benefits of turmeric are amazing. Every morning, my uncle would fill up a glass of water and mix in a spoon of turmeric and drink it. And he never, ever, ever was sick.

• *The National Inventors Hall of Fame and Museum is open Mon.-Fri., 9 a.m.-5 p.m.; Sat., noon-5 p.m.; free. 600 Dulany St., Alexandria; Invent.org.*

# lookout online

## Poll Center

### Today's Question

**WOULD YOU PAY \$41,000 FOR THE NEW CHEVROLET VOLT ELECTRIC CAR?**

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 989993

### Yesterday's Results

**SHOULD WIKILEAKS HAVE RELEASED DOCUMENTS ABOUT THE AFGHAN WAR?**



**"Absolutely not.** Apparently, risking the lives of our soldiers is now the cool thing to do. The people who released these classified documents probably wouldn't risk their own lives even to save their children."

COMMENTER ANON

**"Yes.** If these reports hasten the end of hostilities [and] allow our troops to come home safely, and allow the Afghan people to run THEIR country THEIR way, then Julian Assange deserves the Nobel Peace Prize."

COMMENTER PALINDROME

SEE HOW YOUR METRO STATION VOTED AT [WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM)

**"SO IT'S REAL,** and ... it's a trackpad. What seemed like it might have been pure rumor and some good Photoshopping just a short while ago has magically transformed into reality. If you're wondering what the Magic Trackpad is like to use — get ready for a shock."

— **ENGADGET.COM** WAS AMAZED AT THE USABILITY OF THE FIRST MAC MULTI-TOUCH TRACKPAD.



**"I'm always interested when pop stars become actors. It sometimes goes very well: I wouldn't buy a Jennifer Lopez album in a thousand years, but her turn in 'Out of Sight' is a real favorite."**

— **BLEEDINGCOOL.COM** WONDERS WHAT WILL COME OF RIHANNA'S STARRING IN DIRECTOR PETER BERG'S SCI-FI ADAPTATION OF THE BATTLESHIP BOARD GAME.



### Blog Log

**"OBVIOUSLY, THE [CHEVY] VOLT** has certain advantages due to its EREV design, but with the economy still shaky, the Volt's hefty price premium will work against it, especially as volume builds."



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# puzzles lookout

## Horoscope

**LEO** (July 23-Aug. 22) Be ready for things to go a little wrong, because if they can, they will. Your attitude will make all the difference in the end.

**VIRGO** (Aug. 23-Sept. 22) Are you able to strike a balance between what is desired and what is needed? Neither is good enough on its own.

**LIBRA** (Sept. 23-Oct. 22) An original take can yield a great deal of pleasure for others and a little more profit than expected for you. Things are good all around.

**SCORPIO** (Oct. 23-Nov. 21) A little or a lot — either way, you'll be able to get your hands on something you need. Don't let the naysayers get you down.

**SAGITTARIUS** (Nov. 22-Dec. 21) What begins in one way is likely to end in another, and you'll want to do all you can to ensure the end result is a positive one.

**CAPRICORN** (Dec. 22-Jan. 19) Someone may be after you to pay back what was borrowed some time ago. You may have to engage in renewed negotiations.

**AQUARIUS** (Jan. 20-Feb. 18) You needn't know everything that's going on to determine the best course of action. You can rely on those in the field.

**PISCES** (Feb. 19-March 20) A question of policy is likely to result in some conflict between the powers that be. You'll find yourself in an unusual position.

**ARIES** (March 21-April 19) Focus on that which provides the clearest possible picture of the future. You won't see it all, but you can get more info than expected.

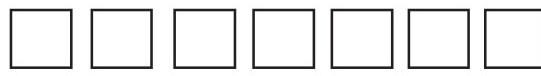
**TAURUS** (April 20-May 20) There's no reason to think that your new idea won't fly, except that a rival is positioned to stand in your way if given the chance.

**GEMINI** (May 21-June 20) You and a loved one may have different views about an upcoming endeavor. Which will prevail? Either way, don't sell yourself short.

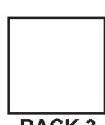
**CANCER** (June 21-July 22) It's a crapshoot, and that's all there is to it. Nothing is certain at this time, but this key issue is fraught with instability.

## Scrabble Grams

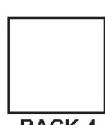
PAR SCORE 145-155, BEST SCORE 225



2nd Letter Triple



Double Word Score



### Yesterday's Solution

I <sub>1</sub>	N <sub>1</sub>	B <sub>3</sub>	O <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	RACK 1 = 62
M <sub>3</sub>	Y <sub>4</sub>	S <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	Y <sub>4</sub>	RACK 2 = 80
C <sub>3</sub>	O <sub>1</sub>	R <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 3 = 59
C <sub>3</sub>	A <sub>1</sub>	T <sub>1</sub>	C <sub>3</sub>	H <sub>4</sub>	U <sub>1</sub>	P <sub>3</sub>	RACK 4 = 66
							TOTAL 267 PAR SCORE 200-210

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

7	6		8	2				
1								
5		4	1	9				
7			4					
8		9	5		7			
9		8						
		2	3	4		9		
						1		
3	9		7		2			

### Yesterday's Solution

8	6	3	5	2	9	7	4	1
4	5	9	1	7	8	2	6	3
7	2	1	3	6	4	9	5	8
2	3	6	4	8	1	5	7	9
5	4	7	2	9	3	1	8	6
9	1	8	7	5	6	3	2	4
6	8	2	9	3	7	4	1	5
1	9	5	6	4	2	8	3	7
3	7	4	8	1	5	6	9	2

Need more Sudoku?  
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast



90 | 76

**Today:** Mostly sunny, hot and more humid today. Increasing clouds tonight.



92 | 70

**Tomorrow:** A strong thunderstorm tomorrow afternoon. Clear tomorrow night.



### Looking Ahead



FRI

SAT



SUN

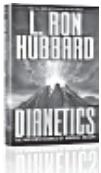
86 | 67 86 | 71 88 | 72

### Sun and Moon

Sunrise today: 6:05 a.m.  
Sunset today: 8:23 p.m.  
Record high: 100  
Moonrise today: 9:30 p.m.  
Normal low: 71  
Moonset today: 8:32 a.m.  
Record low: 55

FORECAST BY ACCUWEATHER.COM ©2009

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F1/J1 visas not permitted for non-degree studies



### Adult Major Depression Research Study: Novel Medication

If you (or someone you know) have been diagnosed with major depression, you may be able to participate in a National Institute of Mental Health research study investigating a novel medication. This treatment study is studying if a research medication can produce a rapid reduction of depressive symptoms in patients with treatment-resistant major depressive disorder.

This 7-week inpatient study is conducted at the NIH Clinical Center in Bethesda, Maryland, and compares the medication to a placebo (inactive salt solution). After completion of the study the participant will receive short-term treatment to transition back to the community. In addition, all research participation is without cost.

Those eligible to participate must:

- Be ages 18-65
- Have been diagnosed with major depression
- Have taken two antidepressants that did not help

For further information on participation, please call

**1-877-MIND-NIH (1-877-646-3644)**

e-mail: moodresearch@mail.nih.gov (TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov> Adult Depression 09-M-0240

Photo © Jupiterimages/Photos.com



National Institute of Mental Health  
National Institutes of Health, Department of Health & Human Services  
[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

NIMH  
National Institute of Mental Health

nine simple numbers  
you learned by age 3

play su|do|ku

**express**

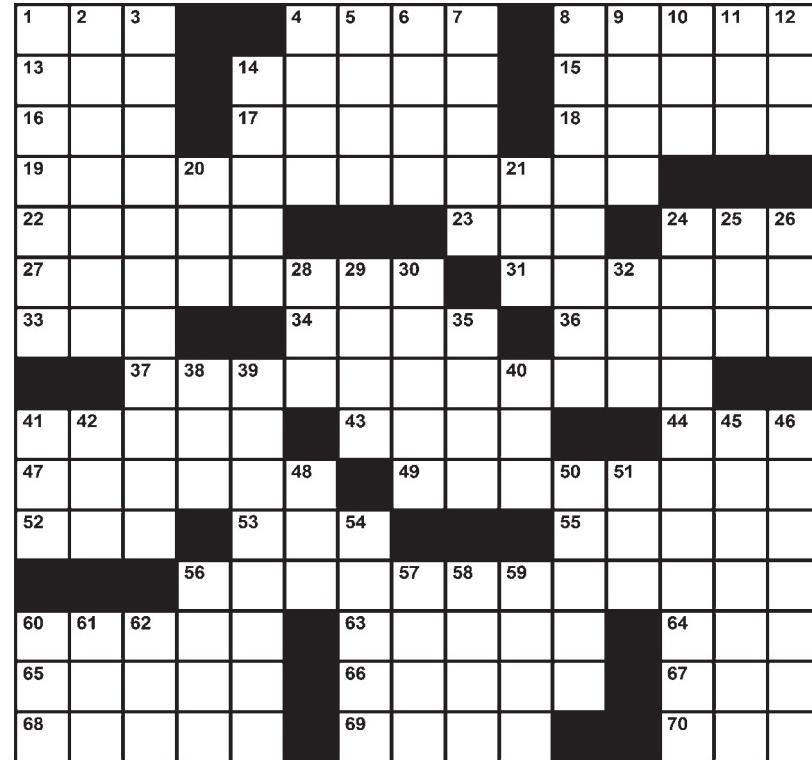
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XX182 2x75

# lookout puzzles

GET FIXED

## Crossword

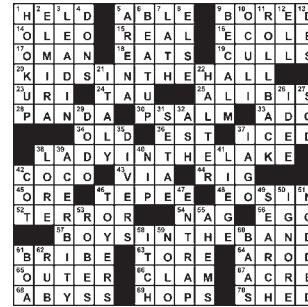


hand goods; 4, Wild swine; 5, Fill with cargo; 6, Musical miscellany; 7, Africa's largest capital city; 8, Markedly rapid; 9, Walkie-talkie word; 10, Won \_\_\_ soup; 11, \_\_\_ out a living (barely get by); 12, Serve that doesn't count; 14, Swedish monetary unit; 20, Rocky crag; 21, It must be in the genes; 24, Negative campaigning; 25, Taking it away makes a maid mad?; 26, Written tribute; 28, The old man; 29, "Born Free" beast; 30, Sound heard twice in

"George" 32, \_\_\_-eyed jack; 35, Unusually narrow show size; 38, 180 deg. from WSW; 39, Like creatures from outer space; 40, Tel. book contents; 41, Clandestine and canny; 42, Common Father's Day gift; 45, Time gap; 46, Ocean condiment; 48, \_\_\_ juris (in one's own right); 50, Basketry willow; 51, Young boy; 54, Shoemaker's helpers, in a fairy tale; 56, Liveliness; 57, Title for Agatha Christie

58, Exploded, as a tire; 59, Feels repentant; 60, Made in the \_\_\_; 61, Big Apple initis.; 62, Exhibited matter

## Yesterday's Solution



## Today in History

**1945** A U.S. Army bomber crashes into the 79th floor of New York's Empire State Building, killing 14 people.

**2002** Nine coal miners are rescued from Quecreek Mine in Somerset, Pa., after 77 hours underground.

**2009** The Senate Judiciary Committee approves Judge Sonia Sotomayor to be the first Hispanic justice, over nearly solid Republican opposition.

**express**



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# people lookout

## TWEETS

**@BanKi-moon i totes agree w/u abt afghanistan kisses**

Angelina Jolie joined Twitter, then immediately locked her account, a source told Usmagazine.com. The star allegedly had @AngelinaJolie, held by someone else, suspended and reassigned to her so no one could tweet under her name. "If she uses it, it will be for charity-related items or sharing links," the source said. (EXPRESS)



## REALITY SHOW CONCEPTS

## 'Exes of Creepy Men' to Air on E! in October

Heidi Montag will not be returning to the small screen in the company of BFF Jen Bunney, said the latter on her blog. "Originally I was supposed to do a reality show with Heidi, but right now it looks like some things have changed," Bunney wrote. She denied rumors that Montag has decided to do a show with Hugh Hefner's twin exes, Kristina and Karissa Shannon, instead: "No Heidi is not 'dropping' me to do reality shows with the twins." "We are not in a fight," she added. (EXPRESS)

## WOMEN'S SEPARATES

### Same Cardigan, Different Pretentious Ad Campaign

Naomi Watts is the face of Ann Taylor ads for fall, Usmagazine.com reported. The collection "makes getting dressed fun again," Watts said. "I just melt into the cardigans. You can wear them all day and feel cozy." The looks are inspired by Ernest Hemingway's "A Moveable Feast" and mix "European sophistication with timeless American style," according to Us. (EXPRESS)



**You've Got Mel**

**Buying a Church: Not Crazy at All**

Mel Gibson was seen for the first time since his recent rants went public this weekend, going to church. Gibson had the chapel built in 2003 to perform Catholic Masses hewing to pre-Vatican II teachings. Meanwhile, Radaronline.com obtained "blockbuster" photos showing Oksana Grigorieva with facial injuries allegedly inflicted by Gibson. (EXPRESS)



**"I tried to make the show really exciting, and he doesn't do that. He just plays the games."**



— BOB BARKER  
STRONGLY DISAPROVES OF NEW "PRICE IS RIGHT" HOST DREW CAREY. "HE DOES THE SHOW DIFFERENTLY THAN I DID," BARKER TOLD TMZ.COM.



It's unclear that she knows who Hitler is.

## CONFUSION

### She Thought Jesse James Was Just Waving ... No?

Paris Hilton did not salute Hitler. "Paris was dancing and having fun with her arm up in the air as she always dances ... and was scratching her face," her rep said of a recent picture in which some say Hilton is making an offensive gesture while miming a mustache. "Half of her family is Jewish, her friends and her fans ... she would never intentionally do something like that," an unnamed source told E! News. (EXPRESS)

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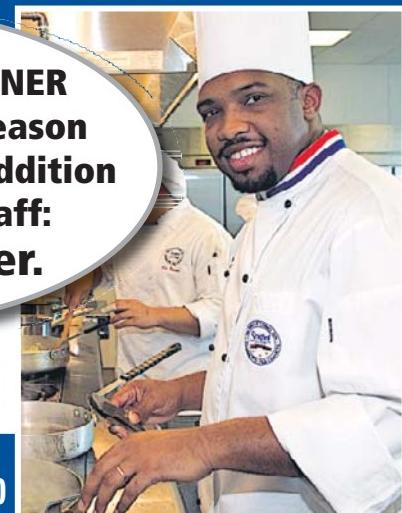
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